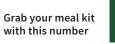


TAKEAWAY FAVES













**Sweet Potato** 



Chicken Breast





All-American Spice Blend





**BBQ Sauce** 





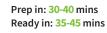
Bake-At-Home Burger Buns



Ranch Dressing







## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large frying pan

# Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
plain flour*	2 tbs	1/4 cup
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
cornflour	1 medium sachet	2 medium sachets
BBQ sauce	1 packet	2 packets
slaw mix	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
bake-at-home burger buns	2	4
ranch dressing	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3387kJ (810cal)	496kJ (73cal)
Protein (g)	50.5g	7.4g
Fat, total (g)	19.5g	2.9g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	102.3g	15g
- sugars (g)	34.9g	5.1g
Sodium (mg)	1871mg	273.9mg
Dietary Fibre (g)	17.6g	2.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil and toss to coat.
- · Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide between two trays.



# Get prepped

- Meanwhile, thinly slice brown onion into rounds, then separate into rings.
- In a medium bowl, combine the plain flour and a generous pinch of pepper. Add onion, tossing to coat.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine
   All-American spice blend, a drizzle of olive oil and a pinch of salt. Add chicken, turning to coat.



# Cook the onion rings

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, shake off excess flour and cook onion (in batches) until golden, turning occasionally, 5-7 minutes.
- Transfer to a paper towel lined plate. Season to taste.



#### Cook the chicken

- Return frying pan to medium-high heat with enough olive oil to over the base. To the bowl with chicken, add cornflour, turning to coat.
- When oil is hot, shake off any excess flour and cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting too crowded).
- Transfer chicken to a bowl, add BBQ sauce and turn to coat.

if necessary.

**TIP:** The chicken is cooked when it is no longer pink inside.



## Heat the buns

- While chicken is cooking, in a medium bowl, combine slaw mix and a drizzle of the white wine vinegar and olive oil. Season to taste.
- Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through,
   2-3 minutes.



### Finish & serve

- · Season fries to taste.
- Spread ranch dressing over burger bun bases.
   Top with slaw and chicken.
- Serve with fries and onion rings. Enjoy!







